



2013 Door County

Mental Health & Crisis Prevention

Resource Guide



Additional copies can be obtained at Door County Department of Human Services
421 Nebraska Street, Sturgeon Bay, WI 54235 (920) 746-7155 or online at:
www.co.door.wi.gov

A special thank you to the creators of the Senior Resource Guide who presented a user-friendly example from which to model.

**If you would like to suggest additions or corrections, please send an e-mail to
dhs@co.door.wi.us
or call Human Services Behavioral Health Services
at 920-746-7155.**

Revised April 2013

Disclaimer:

This list was compiled as a collaborative effort by numerous individuals invested in the mental health of Door County citizens. It may not be all-inclusive or completely accurate. The County of Door accepts no liability for the consequences of any actions taken on the basis of the information listed in this resource guide. The user assumes the risk related to the use of any of this information.

Door County Mental Health & Crisis Prevention Resource Guide

Table of Contents

	<u>PAGE #</u>
Emergency & Non-Emergency Phone Numbers	2
Organizations/Contacts.....	3
Area School Contacts.....	4
 <u>SERVICES</u>	
Children's Mental Health.....	5-6
Crisis Debriefing.....	6
Crisis Intervention	6
Crisis Recovery	6
Developmental Disabilities Mental Health	6-7
Domestic Violence Advocacy	7-8
Grief Support	8
Hearing Impaired	8-9
Hispanic Resources	9
LGBT Mental Health.....	9
Marital/Family Therapy.....	9-10
Mediation Services	10
Mental Health Counseling/Therapy	10-11
Mental Health Social Support	12
Prevention - AODA	12
Prevention - Suicide	13
Sexual Assault Counseling.....	13-14
Substance Abuse Services.....	14-15
Veteran Services.....	15-16
Vision Impaired Mental Health.....	16
 Organization Websites	 17
Referral / Support / Crisis Line	17
Prevent Suicide Wisconsin - Nathan Wilson Coalition.....	18
Flow Chart: Access to Mental Health Services in Door County.....	19

Door County Mental Health & Crisis Prevention Resource Guide

Important Emergency Numbers

- ◆ Fire, Police, Sheriff's Department or Rescue/Ambulance: Dial 9-1-1
- ◆ Crisis/Suicide Intervention Hotline 24/7: (920) 746-2588
- ◆ Poison Control Center: (800) 222-1222

Important Non-Emergency Numbers

- ◆ Information & Referral Information: Dial 2-1-1
- ◆ Door County Sheriff's Department: (920) 746-2400 or (920) 854-6060
- ◆ Nurse Direct 24/7: 1-877-746-0003
- ◆ Sturgeon Bay Police Department: (920) 746-2450 or (920) 854-6060
- ◆ Sturgeon Bay Fire Department: (920) 746-2916
- ◆ Sister Bay/Liberty Grove Fire Department: (920) 854-4031
- ◆ Sturgeon Bay Rescue/Ambulance: (920) 743-5461
- ◆ Sister Bay/Liberty Grove Rescue/Ambulance: (920) 854-4333

10 Tools To Live Your Life Well:

- Connect with others
- Stay positive
- Get physically active
- Help others
- Get enough sleep
- Create joy and satisfaction
- Eat well
- Take care of your spirit
- Deal better with hard times
- Get professional help if you need it

~ Mental Health America

Organizations

Created in Collaboration with the following Community Partners

<u>Agency</u>	<u>Contact</u>	<u>Page #'s</u>
♦ Alcoholics Anonymous Support Hotline	920-746-0900	14
♦ Bay Counseling Clinic.....	920-743-4428	5, 6, 9, 10
♦ Community Clinic of Door County.....	920-746-8989	11, 12, 15
▪ The Recovery Project & The Veteran's Project		
♦ Compassionate Friends.....	920-743-3476	8
	1-800-589-2669	
♦ Counseling Associates of Door County	920-743-9554	5, 7, 9-10, 11, 14
♦ Crisis/Suicide Intervention 24/7 Hotline (Human Services) ..	920-746-2588	2, 19
♦ DC Critical Incident Stress	920-746-6944	6
Management Program (C.I.S.M)		
♦ DC Department of Human Services	920-746-7155	5, 6, 7, 10, 11, 14, 15-16
	920-746-2300	
♦ Drug Identification Information.....	(website)	17
♦ Family Services - Sexual Assault Center.....	920-746-8996	13
♦ Family Services - Open Door Youth Services.....	920-493-0119	5-6, 15
♦ Guenzel, Josephine - MSW, BSN, RN, Acupuncturist.....	920-737-6555	6
♦ JAK'S Place.....	920-818-0525	12
♦ Hearing Impaired Services	608-266-8567	8
♦ HELP of Door County	920-743-8818	7-8
♦ Hispanic Resource Center of Door and	920-559-1878	9
Kewaunee Counties, Inc.		
♦ National Alliance on Mental Illness of DC (NAMI).....	920-743-6162	12
♦ Kimberley House	920-746-9224	15
♦ Mental Health America of Wisconsin	(website)	17
♦ Narcotics Anonymous Support Hotline	866-285-7830	15
♦ National Bullying Prevention Center Website	(website)	17
♦ National Suicide Prevention Hotline/Lifeline	1-800-273-TALK (8255) ..	13, 14, 16, 17
♦ Palmer, Jaime K. (Mediation Services).....	630-269-6534	10
♦ Parents & Friends of Lesbians & Gays (P.F.L.A.G.).....	920-421-8815	9
♦ Prevent Suicide Door County Nathan Wilson Coalition	920-495-2383	13, 18
♦ Prevent Suicide Wisconsin	(website)	17
♦ Substance Abuse and Mental Health Services Admin.....	(website)	17
♦ Survivors of Suicide - Door County.....	920-559-9808	8
♦ Veterans Service - Door County	920-746-2226	13-14, 16
♦ Veterans Hotline - National.....	1-888-777-4443	14, 16
♦ White, Dennis - PhD	920-746-1346	11

DOOR COUNTY AREA SCHOOL CONTACTS

Sturgeon Bay Schools

1230 Michigan Street
Sturgeon Bay, WI 54235
www.sturbay.k12.wi.us

- **Gary Grahl: High School Counselor**
Sturgeon Bay High School - 920.746.1827
ggrahl@sturbay.k12.wi.us
- **Jennifer O'Handley: High School Counselor**
Sturgeon Bay High School - 920.746.3867
johandley@sturbay.k12.wi.us
- **Heidi Bader: Middle School Counselor**
TJ Walker Middle School - 920.746.3875
hbader@sturbay.k12.wi.us
- **Belinda Richard: Grades 3-5 Counselor**
Sunrise School - 920.746.5919
brichard@sturbay.k12.wi.us
- **Patsy Vollrath: Grades K-2 Counselor**
Sturgeon Bay Public Schools - 920.746.5827
pvollrath@sturbay.k12.wi.us

Southern Door Schools

2073 County Trunk DK
Brussels, WI 54204
www.southerndoor.k12.wi.us

- **Becky Frisque: Grades 10-12 Counselor**
920.825.7333 ext. 442
rfrisque@southerndoor.k12.wi.us
- **Katrina Mayer: Grades 5-9 Counselor**
920.825.7321 ext. 229
kmayer@southerndoor.k12.wi.us
- **Tami Prucha: Grades PK-4 Counselor**
920.825.7321 ext. 114
tprucha@southerndoor.k12.wi.us

Sevastopol School District

4550 State Hwy 57
Sturgeon Bay, WI 54235
www.sevastopol.k12.wi.us

- **Melissa Malcore: Grades K-12 Counselor**
920.743.6282 ext 108
mmalcore@sevastopol.k12.wi.us

- **Rachael Manincor: School Psychologist**
Sevastopol & Gibraltar School Districts
920-743 6282 ext.112
rmanincor@sevastopol.k12.wi.us

Gibraltar Area Schools

3924 Hwy 42
Fish Creek, WI 54212
www.gibraltar.k12.wi.us

- **Chelsea Roberts: High School Counselor**
920.868.3284 ext. 264
chelsea.roberts@gibraltar.k12.wi.us
- **Patty McCain: School Counselor**
920.868.3284 ext. 256
pmccain@gibraltar.k12.wi.us
- **Rachael Manincor: School Psychologist**
Sevastopol & Gibraltar School Districts
920-868 3284 ext. 278
rmanincor@gibraltar.k12.wi.us

Washington Island Schools

Box 2
Washington Island, WI 54246

- **Lisa McClaren Cornell: Counselor**
920.847.2507
lisa.cornell@island.k12.wi.us

St. John Bosco Catholic School

15 N. Elgin Ave.
Sturgeon Bay, WI 54235

- **Sr. Patricia Beckman, O.P.**
920.743.4144
beckmanp@johnboscoschool.org

St. Peters Lutheran School

116 W. Maple St.
Sturgeon Bay, WI 54235

- **Paul Lutze**
920.743.4432 ext. 148
plutze@stpeterssb.net

CHILDREN'S MENTAL HEALTH

Bay Counseling Clinic, LLP

WI state certified clinic committed to providing confidential, professional, and affordable counseling services.

Services Provided: Individual and Family Psychotherapy (Focus on Cognitive-Behavioral Therapy) for a variety of issues: anxiety disorders, depression/mood disorders, childhood/behavioral issues, adjustment disorders, self-harm, eating disorders, and couples therapy.

Payment: In network status with most insurance companies, including Medicaid and Medicare; sliding fee available.

Address: 50 S Madison Ave, Ste. 3
Sturgeon Bay, WI 54235
Phone: (920) 743-4428 / Fax: (920) 743-4681
E-mail: baycounseling@gmail.com
Website: www.baycounseling.net

Counseling Associates of Door County

Certified Mental Health & AODA Outpatient Clinic - Individual & Family Therapy, Parent-Child Relationships, Group Therapy, Psychological Evals & Consultations, Industrial Employer Consultations, Program Development & Implementation, Biofeedback & Relaxation Training, Stress Management, Anxiety, Depression, Anger Management, Children & Adolescent Services, Marriage Counseling, Co-Parent Counseling, and Divorce Mediation. All ages. (Cannot bill Medicare at this time.)

Payment: We will bill your insurance; most services are covered by your medical insurance. We accept cash, check, Visa and Master Card.

Address: 620 N 12th Avenue
Sturgeon Bay, WI 54235
Phone: 920-743-9554
1-800-731-9999
E-mail: cadc@dcwis.com
Website: www.counselingofdoor.com

Door County Department of Human Services

WI state certified clinic serving the mental health needs of Door County Residents and greater community.

Primary and Mental Health Care for those without insurance who reside in Door County.

Individual or family counseling with a licensed therapist; Case management with children; Offering services in two locations - Sturgeon Bay and Washington Island.

Payment: Services offered on a sliding fee scale dependent on family size & income; all patients seen regardless of ability to pay.

Provides individual, family, marital, and group therapy for individuals with mental health and/or substance abuse issues. Psychological testing and Psychiatric consultation available; Crisis service provided 24/7.

Address: 421 Nebraska Street
Sturgeon Bay, WI 54235
Crisis Intervention Hotline: 920-746-2588
Phone: 920-746-7155 / Fax: 920-746-2439
Website: www.co.door.wi.gov

Open Door Youth Services

Open Door Youth Services provides supportive services to runaway, throwaway, homeless, and at-risk youth and their families throughout Brown, Door and Kewaunee Counties.

The program is staffed by degreed professionals who are trained to assist youth and their families in crisis situations. They will respond to requests for assistance to youth in crisis where and when it is needed. A primary goal of the program is to resolve conflict and reunite runaway youth with their families as quickly as possible.

Payment: Any contact with Open Door Youth Services by youth and their families is kept strictly confidential. All services are provided at no cost to the family.

Address: 57 N. 12th Ave., Ste. 110
Sturgeon Bay, WI 54235
24-hour Crisis Hotline: 920-436-8888
Phone: 920-743-8818
Website:
<http://www.familyservicesnew.org/open-door/>

CRISIS DEBRIEFING

Door County Critical Incident Stress Management Program

A team of trained professionals assist scheduled groups with debriefing stressful or traumatic events. This is not an emergency crisis service.

Phone: 920-746-6944

CRISIS INTERVENTION

Door County Department of Human Services

WI state certified clinic serving the mental health needs of Door County Residents and greater community.

Primary and Mental Health Care for those without insurance who reside in Door County.

Individual or family counseling with a licensed therapist; Case management with children; Offering services in two locations - Sturgeon Bay and Washington Island.

Payment: Services offered on a sliding fee scale dependent on family size & income; all patients seen regardless of ability to pay.

Provides individual, family, marital, and group therapy for individuals with mental health and/or substance abuse issues. Psychological testing and Psychiatric consultation available; Crisis service provided 24/7.

24/7 Crisis Intervention Hotline: 920-746-2588

CRISIS RECOVERY

Group Auricular (Ear) Acupuncture offered during and post community disaster, traumatic events and individual emotional trauma. Offered as needed for individual, group or community healing.

Josephine Guenzel, MSW, BSN, RN,
Acupuncturist
Member Acupuncturists Without Borders
Phone: 920-737-6555

DEVELOPMENTAL DISABILITIES MENTAL HEALTH

Bay Counseling Clinic, LLP

WI state certified clinic committed to providing confidential, professional, and affordable counseling services.

Services Provided: Individual and Family Psychotherapy (Focus on Cognitive-Behavioral Therapy) for a variety of issues: anxiety disorders, depression/mood disorders, childhood/behavioral issues, adjustment

disorders, self-harm, eating disorders, and couples therapy.

Payment: In network status with most insurance companies, including Medicaid and Medicare; sliding fee available.

Address: 50 S Madison Ave, Ste. 3
Sturgeon Bay, WI 54235
Phone: (920) 743-4428 / Fax: (920) 743-4681
E-mail: baycounseling@gmail.com
Website: www.baycounseling.net

Counseling Associates of Door County

Certified Mental Health & AODA Outpatient Clinic - Individual & Family Therapy, Parent-Child Relationships, Group Therapy, Psychological Evals & Consultations, Industrial Employer Consultations, Program Development & Implementation, Biofeedback & Relaxation Training, Stress Management, Anxiety, Depression, Anger Management, Children & Adolescent Services, Marriage Counseling, Co-Parent Counseling, and Divorce Mediation. All ages. (Cannot bill Medicare at this time.)

Payment: We will bill your insurance; most services are covered by your medical insurance. We accept cash, check, Visa and Master Card.

Address: 620 N 12th Avenue
Sturgeon Bay, WI 54235
Phone: 920-743-9554
1-800-731-9999
E-mail: cadc@dcwis.com
Website: www.counselingofdoor.com

Door County Department of Human Services

WI state certified clinic serving the mental health needs of Door County Residents and greater community.
Primary and Mental Health Care for those without insurance who reside in Door County.

Individual or family counseling with a licensed therapist; Case management with children; Offering services in two locations - Sturgeon Bay and Washington Island.

Payment: Services offered on a sliding fee scale dependent on family size & income; all patients seen regardless of ability to pay.

Provides individual, family, marital, and group therapy for individuals with mental health and/or substance abuse issues. Psychological testing and Psychiatric consultation available; Crisis service provided 24/7.

Address: 421 Nebraska Street
Sturgeon Bay, WI 54235
Crisis Intervention Hotline: 920-746-2588
Phone: 920-746-7155
Fax: 920-746-2439
Website: www.co.door.wi.gov

DOMESTIC VIOLENCE ADVOCACY

HELP of Door County, Inc.

Domestic Abuse Services:

- ◆ **Domestic Abuse Hotline:** Crisis, referral and information line.
- ◆ **Adult Services:** Provides resources to address immediate safety, personal legal advocacy, individual support, crisis counseling and educational groups.
- ◆ **Older Adult Services:** Focuses on the elderly populations.
- ◆ **Children and Youth Services:** Address the multiple emotional, behavioral and cognitive effects on children who witness domestic abuse. Weekly group and individual support with safety planning, teen services including dating violence prevention and awareness and healthy relationship education.
- ◆ **Community Education:** Creates awareness, educates community members, provides information and shares resources.
- ◆

Violence Intervention Services:

- ♦ **(ATV) Alternatives to Violence** is a state certified Batterer's treatment program for court-ordered and volunteer men.
- ♦ **(WEAV) Women Ending Abuse and Violence** is for court-ordered and volunteer women.

Family Access Solutions:

- ♦ **Family Access Solutions** provides increased opportunities for children to maintain safe and healthy relationships with their parents when their family life has been disrupted by a variety of reasons. Services include supervised and/or monitored visitation, monitored exchanges, supportive parenting, and telephone monitored visits.

We serve all the population of Door County along with some services now being offered in Brown County.

Payment: There are no fees for services except for Violence Intervention Services (please call for prices).

Address: 219 Green Bay Road
Sturgeon Bay, WI 54235
E-mail: help@helpofdoorcounty.org
Website: www.helpofdoorcounty.org

GRIEF SUPPORT

The Compassionate Friends of Door County

The Mission of The Compassionate Friends is to assist families toward the positive resolution of grief following the death of a child of any age and to provide information to help others be supportive. The Door County Chapter of TCF meets on the second Thursday of every month. There is no religious affiliation and no dues or fees. We offer a safe place for bereaved parents, grandparents and siblings to meet and talk freely about your child and your grief issues. We invite you to join this comforting network of support that only other bereaved families can give.

Carol Moellenberndt
Phone: 920-743-3476
Email (Gary): scrimshaw@charter.net
Leave a message at 1-800-589-2669
Website: <http://www.doorcountytcf.org>

Survivors of Suicide (S.O.S.)

Door County SOS (Survivors of Suicide) group is not presently meeting in Door County. People can contact Karen Sullivan at 920-559-9808. She is willing to give individual support and get the group going again if there is interest.

Brown County SOS (Survivors of Suicide) group meets in Green Bay on the second Monday of the month from 7pm to 8:45. It is located at the Bellin Hospital Annex Building, 2020 S. Webster, Green Bay. For information call Jonna Bostedt at 920-437-7527.

HEARING IMPAIRED

Northeastern Region: Nancy Harbison
920-659-7317 VP / 920-832-4950 V
Textnet/tty/relay: 1-888-241-9430
Nancy.Harbison@dhs.wisconsin.gov

WI Office for the Deaf and Hard of Hearing:
Interpreting Information
Chantel Young 608-266--8567
chantel.young@wisconsin.gov

**Deaf and Hard of Hearing,
Telecommunications Assistance Program**
Karen Dishno 608-266-3154
karen.dishno@wisconsin.gov

Deaf and Hard of Hearing, and Deafblind
Amber Mullett 608-261-7823
amber.mullett@wisconsin.gov
Starkey Hearing Foundation: This is a national non-profit program committed to assisting deaf and hard-of-hearing persons with limited

financial resources who permanently reside within the United States. 800-769-2799

Wisconsin Lions Foundation Hearing

Program: This program is dedicated to providing help to the residents of Wisconsin that have impaired hearing, but can not afford to purchase hearing aids. 877-463-6953

HISPANIC RESOURCES

Hispanic Resource Center of Door and Kewaunee Counties, Inc.

Imelda Delchambre, Executive Director
Phone: 920-559-1878

LGBT MENTAL HEALTH

Door County P.F.L.A.G. (Parents, Families, Friends of Lesbian and Gays)

Services provided: Group discussion. 24-hour phone service to communicate with P.F.L.A.G. Member. Recommendations to other agency for help. Our members are not trained counselors just a family member or a gay person themselves. Monthly newsletter. Monthly meetings held 3rd Sunday of the month at 5:00-6:30 p.m. at the Hope Church, 12th and Michigan Street, Sturgeon Bay, WI.

Introductions, period of discussion of open topics, training by professional, support of those with questions.

Serving Parents, Families, and Friends of Gay and Lesbians. All age groups. Gays, Lesbians, Bi, Transgender, and Questioning.

Payment: Membership dues \$20.00 per household. Donations accepted at the address below.

P.F.L.A.G. Door County
PO Box 213, Sturgeon Bay, WI 54235

Phone: 920-421-8815

E-mail:

richardgaardiner2991@gmail.com

pflagdoorcounty@yahoo.com

Website: pflagdoorcounty@org/

MARITAL/FAMILY THERAPY

Bay Counseling Clinic, LLP

WI state certified clinic committed to providing confidential, professional, and affordable counseling services.

Services Provided: Individual and Family Psychotherapy (Focus on Cognitive-Behavioral Therapy) for a variety of issues: anxiety disorders, depression/mood disorders, childhood/behavioral issues, adjustment disorders, self-harm, eating disorders, and couples therapy.

Payment: In network status with most insurance companies, including Medicaid and Medicare; sliding fee available.

Address: 50 S Madison Ave, Ste. 3
Sturgeon Bay, WI 54235

Phone: (920) 743-4428 / Fax: (920) 743-4681

E-mail: baycounseling@gmail.com

Website: www.baycounseling.net

Counseling Associates of Door County

Certified Mental Health & AODA Outpatient Clinic - Individual & Family Therapy, Parent-Child Relationships, Group Therapy, Psychological Evals & Consultations, Industrial Employer Consultations, Program Development & Implementation, Biofeedback & Relaxation Training, Stress Management, Anxiety, Depression, Anger Management, Children & Adolescent Services, Marriage Counseling, Co-Parent Counseling, and Divorce Mediation. All ages. (Cannot bill Medicare at this time.)

Payment: We will bill your insurance; most services are covered by your medical insurance. We accept cash, check, Visa and Master Card.

Address: 620 N 12th Avenue
Sturgeon Bay, WI 54235
Phone: 920-743-9554
1-800-731-9999
E-mail: cadc@dcwis.com
Website: www.counselingofdoor.com

Door County Department of Human Services

WI state certified clinic serving the mental health needs of Door County Residents and greater community.

Primary and Mental Health Care for those without insurance who reside in Door County.

Individual or family counseling with a licensed therapist; Case management with children; Offering services in two locations - Sturgeon Bay and Washington Island.

Payment: Services offered on a sliding fee scale dependent on family size & income; all patients seen regardless of ability to pay.

Provides individual, family, marital, and group therapy for individuals with mental health and/or substance abuse issues. Psychological testing and Psychiatric consultation available; Crisis service provided 24/7.

Address: 421 Nebraska Street
Sturgeon Bay, WI 54235

Crisis Intervention Hotline: 920-746-2588

Phone: 920-746-7155

Fax: 920-746-2439

Website: www.co.door.wi.gov

MEDIATION SERVICES

Jamie K. Palmer, M.S. LPC, Senior Mediator

Providing all areas of mediation services including:

Divorce Mediation ~ Compassionate alternative to a litigated divorce. A mediated divorce saves time, money, and stress.

Community Mediation ~ Handling disputes between neighbors, family, and friends.

Work Place Mediation ~ Improve your company's productivity by resolving inner office disputes and improving employee job satisfaction.

Address: 620 N 12th Avenue
Sturgeon Bay, WI 54235
Phone: (630) 269-6534

MENTAL HEALTH COUNSELING/THERAPY

Bay Counseling Clinic, LLP

WI state certified clinic committed to providing confidential, professional, and affordable counseling services.

Services Provided: Individual and Family Psychotherapy (Focus on Cognitive-Behavioral Therapy) for a variety of issues: anxiety disorders, depression/mood disorders, childhood/behavioral issues, adjustment disorders, self-harm, eating disorders, and couples therapy.

Payment: In network status with most insurance companies, including Medicaid and Medicare; sliding fee available.

Address: 50 S Madison Ave, Ste. 3
Sturgeon Bay, WI 54235
Phone: (920) 743-4428 / Fax: (920) 743-4681
E-mail: baycounseling@gmail.com
Website: www.baycounseling.net

Clinical and Consulting Psychology

Dennis White, Ph.D, Licensed Psychologist

Clinical and consulting psychology. Clinical services include individual, marriage and family therapy, psychological evaluations, child custody evaluations, competency and mental status evaluations. Specialized treatment of phobias, panic attacks, anxiety disorders, depression, attention deficit disorders, oppositional disorders, dysfunctional family of origin issues. Biofeedback training for headaches, hypertension, pain management, stress management. Consulting services for supervisory management training, performance review systems, strategic planning, psychological training for business, family business counseling and consulting, Employee assistance programs.

Payment: Dr. White's clinical services are covered by most health insurance programs, including Medicare and Medicaid. Fees for consulting services are available upon request.

Address: 207 S. 4th Avenue
Sturgeon Bay, WI 54235

Phone: (920) 746-1346

E-mail: DKWHITE@itol.com

Community Clinic of Door County

Primary and Mental Health & Integrative Health Services care for those without insurance. Personal one-on-one counseling or group counseling with a licensed therapist. Offering services in two locations (Sturgeon Bay & Sister Bay).

Payment: Serving uninsured or underinsured adults, ages 18-64, who live in Door or Kewaunee County. Services offered on a sliding fee scale (\$15 or \$35), dependent on family size & income. All patients seen regardless of ability to pay.
Sturgeon Bay: 1623 Rhode Island Street
Sister Bay: Country Walk Mall
Phone: 920-746-8989
Website: www.communityclinicofdoorcounty.org

Counseling Associates of Door County

Certified Mental Health & AODA Outpatient Clinic - Individual & Family Therapy, Parent-Child Relationships, Group Therapy, Psychological Evals & Consultations, Industrial Employer Consultations, Program Development & Implementation, Biofeedback & Relaxation Training, Stress Management, Anxiety, Depression, Anger Management, Children & Adolescent Services, Marriage Counseling, Co-Parent Counseling, and Divorce Mediation. All ages. (Cannot bill Medicare at this time.)

Payment: We will bill your insurance; most services are covered by your medical insurance. We accept cash, check, Visa and Master Card.

Address: 620 N 12th Avenue

Sturgeon Bay, WI 54235

Phone: 920-743-9554 / 1-800-731-9999

E-mail: cadc@dcwis.com

Website: www.counselingofdoor.com

Door County Department of Human Services - Behavioral Health Services

Provides individual, family, marital, and group therapy for individuals with mental health and/or substance abuse issues. Psychological testing and Psychiatric consultation available. Crisis service provided 24/7.

Address: 421 Nebraska Street
Sturgeon Bay, WI 54235

Crisis Intervention Hotline: 920-746-2588

Phone: 920-746-7155

Fax: 920-746-2439

Website: www.co.door.wi.gov

MENTAL HEALTH SOCIAL SUPPORT

JAK'S Place / NAMI of Door County

Support groups, social support, group meal, lending library, information and referral, art groups, activities, yoga, Tai Chi, Mental Health Resource Center.

Serving all ages; all persons affected by mental illness.

Payment: No cost; donations are welcome.

Jak's Place

820 Egg Harbor Rd., Sturgeon Bay, WI 54235
Phone: 920-818-0525

NAMI of Door County

P.O. Box 273, Sturgeon Bay, WI 54235
Phone: 920-743-6162

Email: JAK's Place: jaksplace@att.net

Website: www.jaks-place.com

National Alliance on Mental Illness (N.A.M.I.)

The mission of NAMI Wisconsin is to improve the quality of life of people affected by mental illnesses and to promote recovery.

NAMI of Wisconsin will accomplish its mission through the following:

- Establishing local Affiliates in keeping with NAMI National's principles and guidelines.
- Supporting Affiliates by providing follow-up advice and counsel; educational and training programs and materials; access to financial resources as appropriate; and by offering conferences, seminars, and presentations.
- Advocating at all levels of government and throughout the public sector.
- Promoting public education and understanding of mental illnesses.

NAMI Wisconsin

4233 West Beltline Highway
Madison, WI 53711

Phone: (608)268-6000 / (800)236-2988

Website: <http://www.namiwisconsin.org/>

PREVENTION - AODA

Door County Alcohol & Other Drug Abuse Prevention Coalition

A coalition of community members and county leaders whose mission is "to prevent and reduce substance abuse and related problems among youth by providing leadership, education, and support to communities and institutions throughout Door County".

Address: PO Box 194
Sturgeon Bay, WI 54235

Phone: 920-746-9645

Email: dcaodcoalition@gmail.com

The Recovery Project

Group Auricular (Ear) Acupuncture using the National Acupuncture Detoxification Association (NADA) Protocol which encourages community wellness through standardized acupuncture protocol. For behavior health, including addictions, mental health, and disaster and emotional trauma. Can help to provide a general sense of well-being and deep relaxation. Offers help with reduction of cravings, anxiety, depression, aches, pains, insomnia, intrusive recall, PTSD, helps with increased mental clarity and ability to cope. Offered weekly, please call for more information or to reserve chair.

Community Clinic of Door County
1623 Rhode Island St. Sturgeon Bay
& Country Walk Mall, Sister Bay
www.communityclinicofdoorcounty.org
920-746-8989

PREVENTION-SUICIDE

Prevent Suicide Door County Nathan Wilson Coalition

P.O. Box 491

Sturgeon Bay, WI 54235

Phone: 920-495-2383

E-mail: preventsuicidedc@gmail.com

National Suicide Prevention Hotline:

800-273-TALK

www.preventsuicidewi.org

Our Mission: The Prevent Suicide Door County Nathan Wilson Coalition is committed to reduce the number of suicides in Door County through prevention education, public awareness and overcoming stigma. ***SUICIDE: A preventable outcome to a treatable disease.***

We provide free QPR (question, persuade, refer) training for your group to help everyone identify suicidal thoughts and know what to do to help.

SEXUAL ASSAULT COUNSELING

Sexual Assault Center

The Sexual Assault Center of Family Services provides services 24 hours a day, 365 days a year for victims of sexual assault or abuse, and their families and friends. Services are confidential and free of charge. The Sexual Assault Center provides sensitive services to all victims regardless of their age, gender, race, sexual orientation, or disability. Services are available throughout Brown, Door, Oconto, and Marinette Counties.

Crisis Intervention and Supportive Counseling

Crisis intervention and supportive counseling are available both by telephone and in person. Referrals are made to therapists as needed.

Follow-up Assistance: An advocate will continue to provide information and emotional support as long as the assistance is requested.

Medical Advocacy: An advocate will be available to you at the hospital. The advocate will listen, offer support, and accompany you as you move through the medical process. The advocate will provide information for you to make informed choices.

Legal Advocacy: An advocate will support you at the police station if you choose to file a police report. The Sexual Assault Center's legal advocate will provide support and assist you throughout the court process.

Services to Vulnerable Populations: A diverse staff is available at the Sexual Assault Center of Family Services to provide services to Hispanic, Southeast Asian, Native American, African American and developmentally disabled communities. In addition, the Sexual Assault Center provides sensitive services to other populations including elderly, lesbian, gay, bisexual, and transgender victims.

Free, confidential advocacy and support services to sexual assault victims and their families, 24 hours a day. Also focuses on community awareness, education and prevention.

Family Services of Northeast Wisconsin

Address: 57 N. 12th Avenue, Ste. 110
Sturgeon Bay

Phone: 920-746-8996

Website: <http://www.familyservicesnew.org/>

Veterans Service Office

Although a Door County department, this office provides services and access to benefits primarily administered by the U.S. Department of Veterans Affairs (USDVA) (VA) and the Wisconsin Department of Veterans Affairs (WDVA). Services offered include: Readjustment Counseling, Posttraumatic Stress Disorder Counseling, AODA Counseling and Referral, Job Counseling and Referral, Bereavement Counseling, Sexual Trauma/ Harassment Counseling. Some services available locally, some through Green Bay Vet Center. Populations Served: US Veterans. Also parents, spouses, and children of Armed

Forces personnel who died in service to their country are eligible for Bereavement Counseling.

Address: Door County Government Ctr.
421 Nebraska Street
Sturgeon Bay, WI 54235
Phone: 920-746-2226
Toll free: 888-743-1844 Ext. 2226
Crisis Intervention: 920-436-8888
National Suicide Prevention Lifeline:
1-800-273-8255
National Veterans Hotline: 1-888-777-4443
E-mail: smcfarlane@co.door.wi.us
dhart@co.door.wi.us
Website: (www.co.door.wi.gov)

SUBSTANCE ABUSE SERVICES

Alcoholics Anonymous Hotline

Alcoholics Anonymous is a fellowship of men and women who share their experience, strength and hope with each other that they may solve their common problem and help others to recover from alcoholism. The only requirement for membership is a desire to stop drinking. There are no dues or fees for AA membership; we are self-supporting through our own contributions. AA is not allied with any sect, denomination, politics, organization or institution; does not wish to engage in any controversy, neither endorses nor opposes any causes. Our primary purpose is to stay sober and help other alcoholics to achieve sobriety. There are numerous free, local meetings.

Information Hotline: 1-800-746-0901
Website: www.doorcountyaa.org

Counseling Associates of Door County

Certified Mental Health & AODA Outpatient Clinic - Individual & Family Therapy, Parent-Child Relationships, Group Therapy, Psychological Evals & Consultations, Industrial Employer Consultations, Program Development & Implementation, Biofeedback & Relaxation Training, Stress Management, Anxiety, Depression, Anger Management, Children & Adolescent Services, Marriage Counseling, Co-Parent Counseling, and Divorce Mediation. All ages. (Cannot bill Medicare at this time.)

Payment: We will bill your insurance; most services are covered by your medical insurance. We accept cash, check, Visa and Master Card.

Address: 620 N 12th Avenue
Sturgeon Bay, WI 54235
Phone: 920-743-9554 / 1-800-731-9999
E-mail: cadc@dcwis.com
Website: www.counselingofdoor.com

Door County Department of Human Services - Behavioral Health Services

Provides individual, family, marital, and group therapy for individuals with mental health and/or substance abuse issues. Psychological testing and Psychiatric consultation available. Crisis service provided 24/7.

Address: 421 Nebraska Street
Sturgeon Bay, WI 54235
Crisis Intervention Hotline: 920-746-2588
Phone: 920-746-7155
Fax: 920-746-2439
Website: www.co.door.wi.gov

Kimberley House

This non-profit organization located in Sturgeon Bay has a mission to provide a structured, transitional living arrangement for adults in the early stages of alcohol and/or drug abuse recovery in preparation for returning to an independent lifestyle. Interested residents may be referred by Door County Community Programs, the Door County Jail or self referred and generally reside at the House for three to six months. A management team provides a safe, structured, nurturing and supportive learning environment.

Address: 33 N Joliet Avenue
Sturgeon Bay WI 54235
Phone: 920-746-9224
Confidential phone: 920-746-7784

Narcotics Anonymous Support Hotline

North East WI Area Service Committee
(NEWASC)
P.O. Box 10035 Green Bay, WI. 54301
Phone: 1-866-285-7830
Website: <http://www.wisconsinna.org/>

Open Door Youth Services

Open Door Youth Services provides supportive services to runaway, throwaway, homeless, and at-risk youth and their families throughout Brown, Door and Kewaunee Counties.

The program is staffed by degreed professionals who are trained to assist youth and their families in crisis situations. They will respond to requests for assistance to youth in crisis where and when it is needed. A primary goal of the program is to resolve conflict and reunite runaway youth with their families as quickly as possible.

Payment: Any contact with Open Door Youth Services by youth and their families is kept

strictly confidential. All services are provided at no cost to the family.

Address: 57 N. 12th Ave., Ste. 110
Sturgeon Bay, WI 54235

24-hour Crisis Hotline: 920-436-8888

Phone: 920-743-8818

Website:

<http://www.familyservicesnew.org/open-door/>

The Recovery Project

Group Auricular (Ear) Acupuncture using the National Acupuncture Detoxification Association (NADA) Protocol which encourages community wellness through standardized acupuncture protocol. For behavior health, including addictions, mental health, and disaster and emotional trauma. Can help to provide a general sense of well-being and deep relaxation. Offers help with reduction of cravings, anxiety, depression, aches, pains, insomnia, intrusive recall, PTSD, helps with increased mental clarity and ability to cope. Offered weekly, please call for more information or to reserve chair.

Community Clinic of Door County
1623 Rhode Island St. Sturgeon Bay
& Country Walk Mall, Sister Bay
www.communityclinicofdoorcounty.org
920-746-8989

VETERAN SERVICES

Door County Department of Human Services

WI state certified clinic serving the mental health needs of Door County Residents and greater community.

Primary and Mental Health Care for those without insurance who reside in Door County. Individual or family counseling with a licensed therapist; Case management with children;

Offering services in two locations - Sturgeon Bay and Washington Island.

Payment: Services offered on a sliding fee scale dependent on family size & income; all patients seen regardless of ability to pay. Provides individual, family, marital, and group therapy for individuals with mental health and/or substance abuse issues. Psychological testing and Psychiatric consultation available; Crisis service provided 24/7.

Address: 421 Nebraska Street
Sturgeon Bay, WI 54235

Crisis Intervention Hotline: 920-746-2588

Phone: 920-746-7155

Fax: 920-746-2439

Website: www.co.door.wi.gov

The Veteran's Project

Group Auricular (Ear) Acupuncture using the National Acupuncture Detoxification Association (NADA) Protocol which encourages community wellness through standardized acupuncture protocol. For behavior health, including addictions, mental health, and disaster and emotional trauma. Can help to provide a general sense of well-being and deep relaxation. Offers help with reduction of cravings, anxiety, depression, aches, pains, insomnia, intrusive recall, PTSD. Helps with increased mental clarity and ability to cope. Offered weekly, please call for more information or to reserve a chair.

Community Clinic of Door County
1623 Rhode Island St. Sturgeon Bay
& Country Walk Mall, Sister Bay
www.communityclinicofdoorcounty.org
920-746-8989

Veterans Service Office

Although a Door County department, this office provides services and access to benefits primarily administered by the U.S. Department of Veterans Affairs (USDVA) (VA) and the Wisconsin Department of Veterans Affairs (WDVA). Services offered include: Readjustment Counseling, Posttraumatic Stress Disorder Counseling, AODA Counseling and Referral, Job Counseling and Referral, Bereavement Counseling, Sexual Trauma/Harassment Counseling.

Some services available locally, some through Green Bay Vet Center.

Populations Served: US Veterans. Also parents, spouses, and children of Armed Forces personnel who died in service to their country are eligible for Bereavement Counseling.

Address: Door County Government Ctr.
421 Nebraska Street
Sturgeon Bay, WI 54235

Phone: 920-746-2226

Toll free: 888-743-1844 Ext. 2226

Crisis Intervention: 920-436-8888

National Suicide Prevention Lifeline:
1-800-273-8255

National Veterans Hotline: 1-888-777-4443

E-mail: smcfarlane@co.door.wi.us
dhart@co.door.wi.us

Website: (www.co.door.wi.gov)

VISION IMPAIRED MENTAL HEALTH

Northeastern Region:

Angela Zalig
920-448-5234 / 920-448-5086

Wisconsin Office for the Blind and Visually Impaired: 888-879-0017

WEBSITES

Drug Identification Information	http://www.streetdrugs.org/
Mental Health America of Wisconsin	http://www.mhawisconsin.org/
National Suicide Prevention Hotline/Lifeline	http://www.suicidepreventionlifeline.org
National Bullying Prevention Center	http://www.pacer.org/bullying
Prevent Suicide Wisconsin.....	http://www.preventsuicidewi.org/
Substance Abuse and Mental Health Services Administration.....	http://www.SAMHSA.gov

Community Information & Referral

WHEN TO CALL

When you need *information and referral* regarding community resources such as:

- Utility Assistance
- Housing/Shelter
- Transportation
- Food
- Legal Services
- Health and/or Dental Care
- Financial Support
- Employment
- Education
- Environmental Quality
- Consumer Protection
- Public Assistance
- Mental Health/AODA

Contact Information:

**Dial 2-1-1
From ANY phone**

Domestic Violence Issues & Support

WHEN TO CALL

If you are a victim of Domestic Abuse, HELP of Door County, Inc. provides the following services:

- Immediate Safety
- Legal Advocacy
- Individual Support
- Educational Groups
- Safety Planning
- Support for Children & Teens
- Supervised Visitation
- Monitored Exchange
- Advocacy and Stability

Contact Information:

**HELP
of Door County, Inc.
(920) 743-8818 (local)
(800) 914-3571 (toll-free)
(24 hours a day)**

Mental Health & Suicide Crisis Line

WHEN TO CALL

If you are experiencing any of the following and need further support than you currently have:

- Suicidal Feelings, Thoughts, or Actions
- Feelings or Thoughts that You May Harm Someone Else

Contact Information:

**24-hour Crisis Line
(920) 746-2588**

Prevent Suicide Door County Nathan Wilson Coalition

More than 60% of us will lose someone we know to suicide during our lifetime. More than 20% of us will lose a family member. Although most depressed people are not suicidal, most suicidal people are depressed.

Who attempts suicide?

- **Young people** – Second leading cause of death in WI for young people ages 15-24. Wisconsin had the 14th highest in the nation for ages 10-14.
- **Middle Age** – 47% of all suicides in WI will occur between the ages of 45-64.
- **Older people** – Every 90 minutes in the U.S. an elderly person will die by suicide. Older adults make up 12% of the population, yet account for 17% of suicides.
- **Veterans** – More than 6500 veteran suicides are logged every year, more than the total number of soldiers killed in Afghanistan and Iraq combined since those wars began.

Suicide occurs in every social class, every culture and at all ages. The presence of suicide warning signs in someone should never be dismissed with, “Oh, he’s not the type.”

Suicide Prevention in Wisconsin

- SUICIDE IS A PUBLIC HEALTH PROBLEM
- SUICIDE IS OFTEN PREVENTABLE with education, treatment and support.
- 90% of the people that die by suicide have a TREATABLE MENTAL ILLNESS OR SUBSTANCE ABUSE PROBLEM. Of those 90% approximately 60% have a depressive disorder.
- We must address SUICIDE PREVENTION ACROSS THE LIFESPAN. If a grandparent dies by suicide, it increases the risk for other family members 5 – 6 times.
- SUICIDE IS COMPLEX.
- SUICIDE IS A COMMUNITY PROBLEM and everyone can have a role in the solution.
- SURVIVORS of Family or Friends who have died by suicide and SURVIVORS OF ATTEMPTS of suicide should be included in prevention efforts.
- LETHAL MEANS RESTRICTION – gun locks need to be used; 48% of the suicide deaths in 2010 were from firearms.

What Can We Do?

If someone you know makes you feel that they might attempt suicide, you should try to do the following things: Learn the warning signs; know where to find resources to help. Talk openly to the person. Ask specific questions. Offer the person hope and an alternative solution.

Do not be afraid to talk about suicide or to use the word. This will not put the idea in their heads or influence them to do it.

Try to get them to talk about what it is in their life that makes them feel the way they do. The more talking on their part, the better.

Try to convince them they need to speak to a trusted person, teacher, coach, counselor, etc. Tell them you want them to get more help than just you alone can give. Go with them if necessary.

Confidentiality. If your friend asks you not to tell anyone, should you keep the secret? There is no rule of confidentiality when it comes to potential suicide. It does no good to keep the secret and lose the person. If you believe your friend is at risk, you must act. Offer to go with them to a counselor.

Suicide threats are a serious sign of trouble and need to be taken seriously so that people will not feel the need to resort to more drastic means of expressing their unhappiness.

Responding to a potential suicide in this way can help prevent many suicide attempts or even prevent someone from completing a suicide.

Access to Mental Health Services in Door County

